

## DAFTAR PUSTAKA

- Akuthota V, Nadler SF. 2004. Core strengthening. *Arch Phys Med Rehabil*;85 (3 Suppl 1) :86-92.
- Arokoski, J.P. Valta, O. Airaksinen, and Kankaanpaa. Back and Abdominal Muscle Function During Stabilization Exercise. *Arch. Phys. Med. Rehabil* 82:1089-1099. 2001.
- Budiono, Sugeng AM, dkk. 2003. Bunga Rampai Hiperkes dan KK. Badan Penerbit Universitas Diponegoro. Semarang.
- Chang, W. R et al. 2003. *Predictors of whole-body vibration levels among urban taxi drivers ergonomics*. 46(11):1075-90.
- Dep Kes RI. 2003. Modul Pelatihan bagi Fasilitator Kesehatan Kerja. Jakarta.
- Hicks, G.E., Fritz J.M., Delitto A. and McGill S. M. 2005. *Preliminary Development of a Prediction Rule for Determining which patient's with Low Back Pain will respond to a Stabilization Exercise Program*. *Physical and Medical Rehabilitation*. 86:1753-62.
- Kibler et al. 2006. *The Role Of Core Stability in Athletic Function*. *Sport Medicine*;36 (3): 189-198.
- Kase, Kenzo dkk. 2003. *Clinical Therapeutic Applications of the Kinesio Taping Method 2<sup>nd</sup> Edition*. Tokyo: Ken Ikai.
- Kase, Kenzo DC. 2005. *Illustrated Kinesio Taping Fourth Edition*. Tokyo : Ken`i-Kai.
- Maher, Salmond & Pellino. 2002. *Low back Pain Syndroma*. Philadelphia: FA Davis Company.
- MacDonald, D.A., Mosely, G.L. and Hodges, P.W. 2006. The Lumbar Multifidus: Does the Evidence Support Clinical Beliefs?. *Manual Therapy*. 11: 254-263.
- Pai, Sundaram, 2004. Low back pain: An economic assessment in the United States. *Orthopedic Clinics of North America* 35: 1-5.
- Paliyama , J. M, 2003. *Perbandingan efek terapi arus intervensi dengan TENS dalam pengurangan nyeri punggung bawah musculoskeletal*. FK Undip Semarang , Semarang 103.
- Piller, Neil. 2006. *Lymphoedema and Chronic Swelling*. Tokyo : Ken Ikai.

- Rachmawati, L.D.A., 2009. *Hubungan Sikap Kerja Duduk Dengan Keluhan Nyeri Punggung Bawah Pada Pekerja Rental Komputer Di Pabelan Kartasura*. Skripsi, UMS, Surakarta.
- Rogers, R.G. 2006. Research-Based Rehabilitation of The Lower Back. *Strength And Conditioning Journal*. Diambil pada tanggal dari [www.proquest.com/pqdauto](http://www.proquest.com/pqdauto)
- Sadeli, H.A., Tjahjono, B. 2001. Nyeri Punggung Bawah. Dalam: KRT Meliala, L., Suryamiharja, A., Purba, J.S. (eds). *Nyeri Neuropatik Patofisiologi dan Penatalaksanaan. Kelompok Studi Nyeri PERDOSSI*. Hal. 145-167.
- Samara, Diana. 2004. *Lama dan Sikap Duduk Sebagai Faktor Resiko Terjadinya Nyeri Punggung Bawah*. Skripsi, Universitas Trisakti, Jakarta.
- Stevens, V.K., Coorevits, P.L., Bouche, K.G., Mahieh, N.N., Vanderstraeten, G.G. and Danneels, L.A. 2006. The Influence of Specific Training on Trunk Muscle Recruitment Patterns in Healthy Subjects During Stabilization Exercises. *Manual Therapy*. 7: 1-9.
- Stevens, V. K., Vleeming, A., Bouche, K.G., Mahieu, N.N, Vanderstraeten, G.G. and Danneels, LA. 2006. Electromyographic Activity of Trunk and Hip Muscles During Stabilization Exercises in 4 Point Kneeling in Healthy Volunteers. *European Spine Journal*. 16(5): 711-718.
- Suma'mur.P.K. 1996. *Higiene Perusahaan dan Kesehatan Kerja*. Jakarta: PT. Toko Gunung Agung.
- Yoshida, Ayako & Kahanov, Leamor, 2007. The Effect of Kinesio Taping on Lower Trunk Range of Motions. *Research in Sports Medicine: An International Journal*. 15:2, 103-112.